

# **Muslim Circle of Canada**

#### Saskatoon Unit

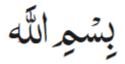
Ph: (306) 514-3938, email: mcc.saskatoon@gmail.com

## **Speech and Knowledge Competition 2023**

**Speech Topics: Masnoon Duas** 

**Group: Pre-KG** 

(1) Before Eating



Bismillaah.

With the Name of Allah.

(2) If you forgot to say Bismillah, then say -

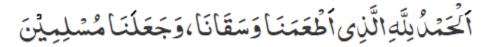


Bismillaahifee 'awwalihi wa 'aakhirihi.

With the Name of Allah, in the beginning and in the end.

Ref: [Abu Dawud 3/347, At-Tirmizi 4/288.]

(3) After Finishing a Meal



Alhamdulilahil ladhi at'amana, wasaqana, waj'alna min-al Muslimeen

Praise be to Allah Who has fed us and given us drink and made us Muslims.

Ref: [Abu Dawud: 3846, Nasai: 10047-10048, Tirmidhi: 3457, Ibn Majah: 3283]

Pre-KG: Speech

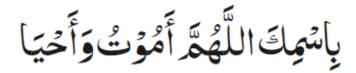


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(4) Before Sleeping

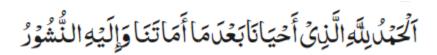


Bismika Allaahumma 'amootu wa 'ahyaa.

In Your name O Allah, I live and die.

Ref: [Al-Bukhari 11:113, Muslim 4:2083]

(5) When Waking up



Alhamdu lillaahil-lathee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor.

Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.

Ref: [Al-Bukhari, cf. Al-Asgalani, Fathul-Bari 11/113, Muslim 4/2083.]

Pre-KG: Speech 2